

## **Baked Broccoli**

One of my favorites from college days. During that time, I'd take a large bag of frozen broccoli, place it in the baking pan, and add 1/2 a foot long chunk of cheese, sprinkle bacon bits on it, and sometimes crumble crackers on top. While that meal sounds delicious, it is not gluten or lactose free, and could cause serious digestive complications. The following recipe will attempt to create a less fat, more filling, comfortable gluten and lactose free meal. Baking broccoli will reduce digestion time and discomfort. Another way to help is eating yogurt to improve the good stomach bacteria.

### **Pre Cook Preparation:**

- A. Timer set to the time to begin preparation prior to cooking
- B. Timer set for 1 hour later, when meal should be ready to eat

### **Meal Adaptations:**

#### **Physical Accommodations:**

- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

#### **Visual Accommodations:**

- Colored chopping boards

### **Potential Food Allergy or Intolerance:**

- Bacon Bits
- Broccoli
- Butter (lactose)
- Cheese (lactose)
- Mushrooms
- Pepper
- Spices

### **Meatless Preparation Avoid:**

- Bacon bits
- Butter
- Cheese
- Substitute with: \_\_\_\_\_

### **Utensils:**

- Chopping board
- Knife
- Pot holders
- Spoon.
- Pan: 1.5 quart oven safe pan with lid

**Ingredients:****Meat:****Optional:**

1/4 cup of bacon bits

**Vegetables:**

15 ounces of broccoli

**Other ingredients:**

1 tablespoon of butter

1/2 cup of cheese

Dash of salt

Spices, such as pepper, to taste

**Preparation time: 10 minutes**

**Preparation:**

1. Wash and chop broccoli.
2. Place in 1.5 quart oven safe pan:
  - 15 ounces of broccoli
  - 1 tablespoon of butter
  - 1/2 cup of cheese
  - Dash of salt
  - Spices, such as pepper, to taste
  - Enough water to cover most of the broccoli.**Optional:**
  - 1/4 cup of bacon bits
3. Cover pan and place in oven.

**Cook Temperature: 350 degrees**

**Cook Time:**

45 minutes from thawed broccoli, or  
1 hour for frozen broccoli

**Servings: 4 to 5**

**Storage Solutions: Square containers in individual servings**

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days \* Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months \* Per FDA Storage Chart link in Resources

**Reheat Instructions:**

**Microwave:** Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: \_\_\_\_\_.

**Stove Top:** Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: \_\_\_\_\_.

**Oven Directions:** Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: \_\_\_\_\_.